

The plaster range that's safe for childminders, schools and nurseries to use on children

There is no rule that says a responsible adult cannot put a plaster on a child's minor cut. This is another example of how Health & Safety has been misquoted.

All of Steroplast's washproof hypoallergenic plasters are perfect for a child's sensitive skin.

Some children have allergies to the adhesive used on fabric plasters, which is why we recommend using 'Sterostrip' or our retail range shown below:



Steroplast's washproof plasters are safe for use on children.

With so much conflicting advice on what can and can't be used, Steroplast have consulted with qualified trainers, the editor of a first aid manual and the Health & Safety executive.

If you would like additional FREE copies of this leaflet, please contact us at sales@steroplast.co.uk quoting reference code **LEAFIR007**.

You can download a PDF copy of this leaflet at: steroplast.co.uk/first-aid-leaflet-cpr.html under the 'product attachment' tab.

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Adult CPR

Airway

To open the airway

- Place your hand on the casualty's forehead and gently tilt the head back
- Lift the chin with two fingertips



Breathing

Look, listen and feel for normal breathing for no more than 10 seconds:

- Look for chest movement
- Listen at the casualty's mouth for breath sounds
- Feel for air on your cheek



If the casualty is breathing normally:

- Place in recovery position
- Get help
- Check for continued breathing

If the casualty is NOT breathing normally:

- Shout for help, don't leave the casualty
- Start chest compressions

Adult CPR

Chest compressions

- Lean over the casualty and with your arms straight, press down 5-6cm on the centre of the breastbone then release the pressure
- Repeat at a rate of about 100-120 compressions per minute
- After 30 compressions open the airway again
- Pinch the casualty's nose closed and allow the mouth to open
- Use a pocket mask if possible
- Take a normal breath and place your mouth around the casualty's mouth, making a good seal
- Breathe steadily into the mouth while watching for the chest rising
- Remove your mouth from the casualty and watch for the chest falling
- Give a second breath and then start 30 compressions again without delay
- Continue with 30 chest compressions followed by 2 rescue breaths in a ratio of 30:2 until qualified help arrives or the casualty starts breathing normally



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Essential life saving resuscitation (CPR)

Read this now, you could save a life!

Emergency guide for adults, children and babies



The Emergency Procedure

DANGER

Check for further danger to yourself and the patient

RESPONSE

Gently tap the shoulders and shout in both ears. If patient is a child (12 months or less) then tickle feet, behind the ears and cheeks

SHOUT FOR HELP

Call 999 or 112 - Is a first aid kit or defibrillator needed?

AIRWAY

Open the airway by tilting the head back and lifting the chin. Check for any obstructions in the mouth, remove if an object is at the front of the mouth

BREATHING

Are they breathing normally? Look, listen and feel for breathing for no longer than 10 seconds. Place your ear near to the nose and mouth, looking down at the chest to see the rise and fall of breathing

CPR/CIRCULATION

See following pages for instructions. Also check for any life-threatening external injuries (severe bleeding)

Choking Treatment for a Baby

Under 12 months

- Shout for help and **DO NOT** leave the baby
- Lay the baby over your arm, face down with each leg either side of your elbow, keeping their head below their chest (if baby is larger, use your leg as extra support)
- Give 5 firm back blows between the shoulder blades with your hand
- Check after every back blow if the obstruction is clearing
- Stop if the instruction is cleared



If obstruction hasn't cleared:

- Turn the baby over facing upwards on your arm, lowering their head below their chest
- Give up to 5 chest thrusts using 2 fingers, in a similar position as to where you would commence compressions
- Stop if the obstruction is cleared



If the obstruction has STILL not cleared

Repeat the cycle of 5 back blows and 5 chest thrusts and call 999/112, continue this process until medical help arrives.

If the baby becomes unconscious, start CPR

Baby CPR

If a baby becomes unconscious and is not breathing normally:

Place the baby on a hard, flat surface and start CPR, ensuring 999/112 has been called. If you are on your own, give 1 minute of CPR and then call 999/112.

- Open the baby's airway by tilting the head and lifting the chin
- Form a seal around the baby's mouth and nose with your own mouth
- Give 5 initial rescue breaths (enough air to see the baby's chest rise)
- Give 30 compressions on the chest, at least a third of the depth using 2 fingers
- Open the airway and give 2 further rescue breaths
- Continue repeating the treatment in a cycle of 30 compressions to 2 rescue breaths
- Do not stop until medical help arrives OR the baby begins to breathe normally



After receiving chest thrusts, a baby requires medical treatment. Never perform abdominal thrusts on a baby.

Child CPR

12 Months to puberty

If the child becomes unconscious and is NOT breathing normally:

Place the child on a hard flat surface and start CPR ensuring 999/112 has been called. If you are on your own, give 1 minute of CPR and then call 999/112. Shout for an AED.

- Open the airway by tilting the head and lifting the chin
- Form a seal around the child's mouth with your own mouth and pinch nose
- Give 5 initial rescue breaths (enough air to see the child's chest rise)
- Give 30 compressions on the chest, at least a third of the depth using 1 hand
- Open the airway and give 2 further rescue breaths
- Continue repeating this treatment in a cycle of 30 compressions to 2 rescue breaths
- Do not stop until medical help arrives OR the child begins to breathe normally

